| FORM | 4 |
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| Check this box if no |
|-----------------------|
| longer subject to |
| Section 16. Form 4 or |
| Form 5 obligations |
| may continue. See |
| Instruction 1(b). |

(Print or Type Responses)

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL OMB Number: 3235-0287 Estimated average burden hours per response... 0.5

SEC 1474 (9-02)

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

| 1. Name and Addres CHAPADOS GI | 2. Issuer Name an GENERAL CO [GNCMA] | | | 0. | | 5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X_Officer (give title below)Other (specify below) Exec VP and COO | | | | | | |
|-----------------------------------|--|--------------------------|--|--------------------|------|--|---------|------------|--|-------|---|--|
| (Last) 2550 DENALI S | 3. Date of Earliest 01/31/2014 | Transaction | n (Mo | onth/Day/Y | ear) | Exec VP and | .00 | | | | | |
| ANCHORAGE, | (Street) 4. If Amendment, CHORAGE, AK 99503 | | | | | led(Month/Da | y/Year) | | 6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting PersonForm filed by More than One Reporting Person | | | |
| (City) | (State) | (Zip) | Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned | | | | | | | | | |
| 1.Title of Security (Instr. 3) | | Date (Month/Day/Year) | Execution Date, if | Code (Instr. 8) | v | 4. Securitie (A) or Disp (Instr. 3, 4) Amount | posed | of (D) | 5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4) | Form: | 7. Nature of Indirect Beneficial Ownership (Instr. 4) | |
| Class A Commo | n Stock | 01/31/2014 | | А | | 56,669 <u>(1)</u> | А | \$ 9.73 | 379,435 | D | | |
| Class A Commo | n Stock | 01/31/2014 | | А | | 150,000 (<u>2</u>) | А | \$ 9.73 | 529,435 | D | | |
| Class A Commo | n Stock | | | | | | | | 12,337 | Ι | by 401(k) (<u>3)</u> | |

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned

| | (e.g., puts, calls, warrants, options, convertible securities) | | | | | | | | | | | | | | |
|-------------|--|------------------|--------------------|------------|------|-----------|---------------------------------------|--------------|------------|--------|---------|-------------|----------------|-------------|-------------|
| 1. Title of | 2. | 3. Transaction | 3A. Deemed | 4. | | 5. | | 6. Date Exer | cisable | 7. Tit | le and | 8. Price of | 9. Number of | 10. | 11. Nature |
| Derivative | Conversion | Date | Execution Date, if | Transactio | on i | Numl | ber | and Expirati | on Date | Amou | unt of | Derivative | Derivative | Ownership | of Indirect |
| Security | or Exercise | (Month/Day/Year) | any | Code | | of | | (Month/Day | /Year) | Unde | rlying | Security | Securities | Form of | Beneficial |
| (Instr. 3) | Price of | | (Month/Day/Year) | (Instr. 8) | | Deriv | ative | | | Secur | rities | (Instr. 5) | Beneficially | Derivative | Ownership |
| | Derivative | | | | | Secur | rities | | | (Instr | . 3 and | | Owned | Security: | (Instr. 4) |
| | Security | | | | | Acqu | ired | | | 4) | | | Following | Direct (D) | |
| | | | | | | (A) o | | | | | | | 1 | or Indirect | |
| | | | | | | Dispo | | | | | | | Transaction(s) | (I) | |
| | | | | | | of (D | · · · · · · · · · · · · · · · · · · · | | | | | | (Instr. 4) | (Instr. 4) | |
| | | | | | | (Instr | · · · | | | | | | | | |
| | | | | | • | 4, and 5) | | | | | | | | | |
| | | | | | | | | | | | Amount | | | | |
| | | | | | | | | Date | Expiration | | or | | | | |
| | | | | | | | | Exercisable | 1 | Title | Number | | | | |
| | | | | | | | | Excicisable | Date | | of | | | | |
| | | | | Code V | V | (A) | (D) | | | | Shares | | | | |

Reporting Owners

| | Relationships | | | | | | | | |
|---|---------------|--------------|-----------------|-------|--|--|--|--|--|
| Reporting Owner Name / Address | Director | 10% Owner | Officer | Other | | | | | |
| CHAPADOS GREGORY F 2550 DENALI STREET SUITE 1000 ANCHORAGE, AK 99503 | | | Exec VP and COO | | | | | | |

Signatures

**Signature of Reporting Person

02/04/201 Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Shares granted pursuant to a restricted stock award agreement. The related unvested shares will vest on November 30, 2016.
- (2) Shares granted pursuant to a restricted stock award agreement. The related unvested shares will vest as follows: 30,000 shares on January 1, 2015, 30,000 shares on January 1, 2016, 30,000 shares on January 1, 2018 and 30,000 shares on January 1, 2019.
- (3) Shares allocated to Mr. Chapados under the Company's 401(k) Plan as of February 4, 2014.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.